

MINI-TYPE EXERCISE MACHINE

ABSTRACT OF THE DISCLOSURE

A mini-type exercise machine includes a base, a T-shaped strut pivotably
5 connected to a front end of the base, a seat assembly mounted on the base, a pressing
member pivotably connected to the seat assembly, and at least one damper mounted on
each of the T-shaped strut and the pressing member for providing a resistance while any
of the T-shaped strut and the pressing member pivots. The mini-type exercise machine
of the present invention can be operated to perform various types of exercise so as to
10 have multiple exercise effects by means of the T-shaped strut and the pressing member.
In addition, the present invention is partly detachable and easily collapsible, such that
the present invention can be partly dismantled into small parts and easily collapsed to be
small-sized, thereby enabling the present invention to be easily pocketable.